

Hair to share

... Page 3

ELK POINT REVIEW

Tuesday, December 28, 2004 vol. 24 no. 52
75 cents (GST incl.)



It's official - Iron Horse Trail links northern gap in the Trans Canada Trail



A trail for all seasons

Representatives of the North East MuniCorr board and Riverland Recreational Trail Society shivered in -30° temperatures in St. Paul on Monday, December 20 as Danny Smyl installed the first Trans Canada Trail sign on the Iron Horse Trail to bridge the gap between Onion Lake, SK and Edmonton.

VICKI BROOKER PHOTO

By VICKI BROOKER
Review Staff

The long-awaited designation of the Iron Horse Trail route from Waskatenau to Heinsburg as part of the Trans Canada Trail became official on Dec. 20 when North East MuniCorr board members braved -30° wind chill to install a Trans Canada Trail sign along the trail in St. Paul.

"We're now part of the 16,000 kilometer trail that goes across Canada in three directions," Riverland Recreational Trail Society president Marvin Bjornstad said of the shared-use recreational trail that reaches from St. John's, NL to Victoria, BC and Tuktoyaktuk, NWT.

"It used to be 15,000-and-some kilometers," Bjornstad said. When it's totally finished, the trail will stretch a total of 18,078 kilometers.

The designation bridges most of the TCT northern route's gap between Onion Lake, SK and Edmonton, and Bjornstad says work is ongoing to fill in the last spaces. "We're working on the 16 kilometers from Onion Lake to Heinsburg." At the west end, there are two potential links, to Gibbons or to the Edmonton River Valley Alliance, and "we're looking into each of those."

The northeast leg of the IHT, from Abilene Junction to Cold Lake, is not part of the designation.

The designation as part of the TCT means the IHT "will be part of the TCT's tourism promotion and eligible for some of the money they raise," Bjornstad says. "Marketing and promotion is coming along very well, and with the funding we should be able to get into some surfacing issues."

Improved trail surfaces will help to "get more and different users out there," he notes, adding that with so many potential projects, "it's a hard thing to spend that money wisely."

(Continued on Page 2)

County helps organizations pay insurance bills

By MICHELLE HULEY

Special to the Review

A number of organizations within the County of St. Paul will be getting some help with their insurance bills.

County council approved a number of recreational facilities grants at its Dec. 14 meeting, which are budgeted grants that help the groups with the high cost of insuring their facilities.

Lac Sante Family Recreational Society received \$374.50, Cork Community Hall, \$600, Heinsburg Community Club, \$600, Sugden Community Centre, \$600, Mallaig and District Museum, \$600, Frog Lake Community Club, \$600, Lafond Community Centre, \$1,500, Stoney Lake Community Hall, \$600, Elk Point and District Ag Society, Livestock Division, \$1,500, and the Mallaig Chamber of Commerce, \$600.

Board members appointed

Council appointed two members at large to the County Library board and the Subdivision and Development Appeal Board.

Leona Conner will represent Division 6 on the library board and Craig Lorenson will represent Division 1 on the appeal board.

Both are three-year appointments.

Lease agreements approved

Council approved two lease agreements, with Melanie McRae for the road allowance located between the SW 2-57-7-W4 and the SE 3-57-7-W4, and with Chereth Quist for the allowance between NW 31-56-7-W4 and NE 36-56-8-W4.

Leases approved

Two land leases for 2005 were approved by council. Gordon Scott will be leasing Lot 28ER, Block 2, Plan

8023220 and Don Imeson will lease PNE 6-60-10-W4.

Both are existing leases.

Christmas tree donated

Council donated a decorated Christmas tree valued at \$400, with half of the funds coming from the Family and Community Support Services budget, to the Co-op Mall Festival of Trees.

Businesses and organizations donated trees for the event, which were then auctioned off last Friday. The mall merchants association organized the event, a fundraiser for the St. Paul and District Boys and Girls Club.

Lindbergh property sold

Council approved a request from ratepayer Kim Saranchuk to purchase a piece of county owned property in Lindbergh, with the condition that the partial remains of a building on the property is to be demolished and cleaned up.

Saranchuk offered the county \$1,500 for the property, which must be subdivided. Subdivision costs are estimated at \$2,500 to \$3,000, and the clean up was estimated at about \$2,000.

Transfer station remains open weekdays

A Lafond transfer station will be open five days a week after the Evergreen Regional Landfill site is opened Jan. 3. A modified landfill currently at the Lafond site will be closed on Dec. 31.

Council approved hiring Ray Lafortune as attendant for the transfer station.

"We want the site run in a proper manner full time," said Evergreen Waste Commission manager Dennis Bergheim.

Wheelchair access tabled

Council will examine the best way to install a wheelchair access into the county administrative building in the new year.

Council heard from employee Ken Warholik, who explained a number of options available. Council requested he return to its January meeting with more information.

Town buys property for staging area

A piece of county property is now owned by the Town of St. Paul, which intends to use it as a staging area for the Iron Horse Trail.

Council approved the town's purchase of the 20-acre parcel from Andrew Borutski even though its consent wasn't initially requested.

According to the Municipal government Act, county consent was required prior to the purchase.

"Technically, they should have come to us," Heyman explained. "It wasn't until the transfer went through the assessment office that we picked up on it."

The town paid \$65,312 for the property, located on SE 9-58-9-W4.

Football teams get support

Council approved two grants for the St. Paul Lions and the St. Paul Bengals football teams. Both teams qualified for provincials. The county provides \$200 grants to assist teams attending provincial competition.

Councillor Glen Ockerman left council chambers for discussion and voting on the motion to provide the grant to the Bengals as his son plays on the team.

Easements approved

Council passed a number of easements for compensation to residents for culverts installed by the municipality.

Real and Mariline Brousseau and Marc and Roberta Dallaire, Alex and Anne Severin and Carl and Olga Slonowski, and Donna Dahmer-Chamberland and Robert and Shawna Nichols received \$50 and three times the assessed value in compensation for use of their land.

Curling rink, business break-ins may be related

By Cst. J. R. TREMBLAY

Elk Point RCMP Detachment

Some time around 8:00 p.m. on December 19, 2004 the curling rink in Elk Point was broken into. Entry was gained by smashing the rear door. Inside, many of the curling rocks were thrown about and pieces of chewed Christmas chocolate were left on the ice. Witnesses say that three male youths were seen in the area at about the same time, all wearing black. Two of the youths looked to be about 10 year old and the third was a little taller, possibly a little older.

Also, at 8:06 p.m. the Elk Point RCMP responded to an alarm at Kuhn's Collectibles in Elk Point. The store was broken into and entry was gained through a small window on the south side of the building. Stolen was an antique "drag line" toy with a wooden base and wooden wheels. It is about 12" long and worth about \$149. Outside near the rear exit where the suspects left the building, were located

two broom sticks from a curling broom. Considering the similar times and associated items from both locations, the suspects from both break and enters may be related.

Sometime between the hours of 4:30 p.m. on December 10 and 7:30 a.m. on December 11, 2004, unknown suspect(s) damaged a fuel tank on a local farm located on Range Road 64 about 1 km north of Secondary Highway 646. The suspect(s) entered the farm from the west gate, most likely driving a truck, and broke the lock off the farm fuel tank. As there was no fuel in the tank, nothing was stolen.

Anyone with information is asked to call Crime Stoppers at 1-800-222-TIPS (8477) or the Elk Point RCMP Detachment at 780-724-3964.

Crime Stoppers will pay up to \$2,000 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for an award.



Chambers get county funding

By MICHELLE HULEY

Special to the Review

County of St. Paul council approved providing funding to three area chambers of commerce at its Dec. 14 meeting.

Council approved providing \$10,000 in funding to the chambers at its November meeting, but directed its administration to bring the issue back to the December meeting with recommendations on how to divide the funds.

Council considered the size of the chambers and the number of members who own businesses in the county before deciding to provide a \$6,000 grant to the St. Paul and District Chamber of Commerce, \$3,000 to the Elk Point Chamber of Commerce, and \$1,000 to the Mallaig Chamber of Commerce.

IHT designated part of TCT

(Continued from Page 1)

Six major staging areas are either complete or under construction along the IHT, "and we will be doing something with 13 minor ones."

TCT board member Mike Bergeron of St. Paul says the designation is "very exciting. It's a great opportunity for our area. In the long term, it will benefit the area a lot."

While it took "a lot of work" to get the designation, Bergeron says the "economic spin-offs will be enormous in the future."

"I'm very happy it did come this way. It benefits not only the communities alongside the trail, but all of

northeast Alberta. It will help keep these communities alive."

Bergeron says the trail has already caused some economic impact in communities such as Heinsburg and Vilna, with snowmobiles and ATVs stopping for fuel.

"That's a lot of dollars for a small service station."

Gathering to install the TCT sign on a bone-chilling winter morning is appropriate, Bergeron says.

"It's a four-season trail. That's what it's all about."

An interprovincial relay is planned for the TCT in late spring or early summer, and will tie in with the TCT annual meeting in Alberta.

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Local girl has hair to share

By VICKI BROOKER
Review Staff

An eight-year-old Elk Point girl had her first-ever haircut last week, overcoming her mother's misgivings to give up her locks for a very special cause.

Zoe Friesen "decided two years ago she wanted to donate her hair to make a cancer victim a wig," says mom Deborah. "I was the one who wouldn't let her."

Deborah watched nervously last Wednesday as Cutting Edge hairdresser Candace Quist shampooed and combed out Zoe's 25-inch-long hair before starting the painstaking task of sectioning the hair into a multitude of tiny ponytails, each with a rubber band about an inch below where the hair was to be cut.

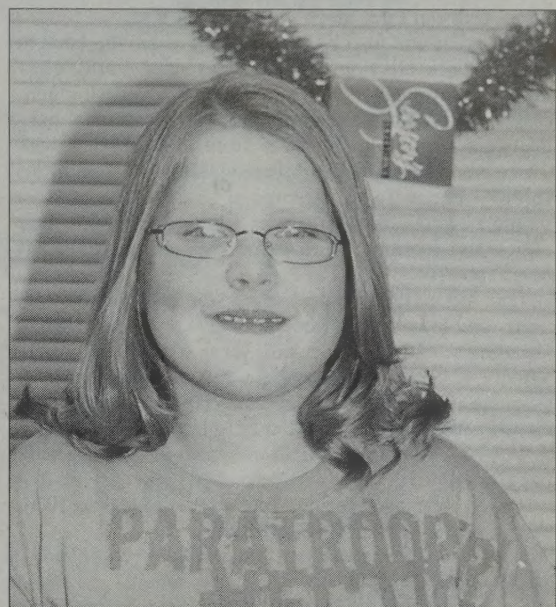
Information from the Hair to Share Canada Society says that it takes 12 to 15 ponytails to make a wig, and hair must be at

least 10 inches long. The manufacturing process uses two inches of the length, leaving eight inches for the wig. Eight inches makes a chin-length wig for a little girl.

Cutting Edge owner Myra Boothman says Zoe is the fifth person in a year who has donated to the Victoria, BC-based society. "Stephanie Ference was the

first, then Susan Frisby, Janet Sanders and another lady," Boothman said.

With 11 inches of her dark blonde locks removed and ready for shipment, Zoe proudly shows off her bouncy, shoulder-length curls, and declares herself pleased with the result, and that she is able to make a difference in the life of another young person.



Zoe Friesen starts the new year with a new look and the heartwarming knowledge that the hair she has donated will enrich the quality of life for some young cancer victim.

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EDITORIAL

What will we do for an encore?

It's that time again when we look back at the year just past, and forward to another new year.

The past 12 months may well go down in the books as a year of weird weather, with a cool, wet spring turning into a cool, wet summer and then into a cool, wet fall. Windstorms shut down West Edmonton Mall, wiped out a huge number of trees in St. Paul, and most recently, tried to blow away the Edmonton city hall. Winter arrived on the heels of an unseasonable December deluge of rain, with thunder and hail in some areas. It doesn't get much weirder than that.

This year will also be remembered as having back to back elections. In the newspaper world, elections are newsmakers and an excellent advertising generator, but with three in a row, we, like the general public, were beginning to suffer from election overload. There were surprises in all three elections, as majorities shrunk and new faces appeared at all three levels. Most of the newcomers seem to be coping well with their duties and learning more about the people and areas they represent.

One sad part of the past year is the hockey situation, minor and major. Minor hockey in Elk Point has shrunk alarmingly, although we still seem to have a goodly amount of hockey news, and are thus doing much better than the television, who are reduced to running NHL classics and daily papers, who need far less sports pages these days. Will the situation improve? We can only hope it will.

Watch next week for our 2005 predictions. For 2004, this is, as they say, "all she wrote."

WAY BACK WHEN

Big spenders and bright lights

FROM THE FILES OF THE ELK POINT REVIEW AND LAKELAND REVIEW FOR THE WEEK OF DECEMBER 28 IN...

1984

Town Council got over their spurt of Grinch-dom and ratified both purchase of the recreation land and construction of a new library, at their final meeting of the year. The Chamber was urged to form an economic development committee that could prospect for new businesses wanting to locate in Elk Point.

1989

The Lakeland Review staff took a break, with no paper coming out between Christmas and New Year's.

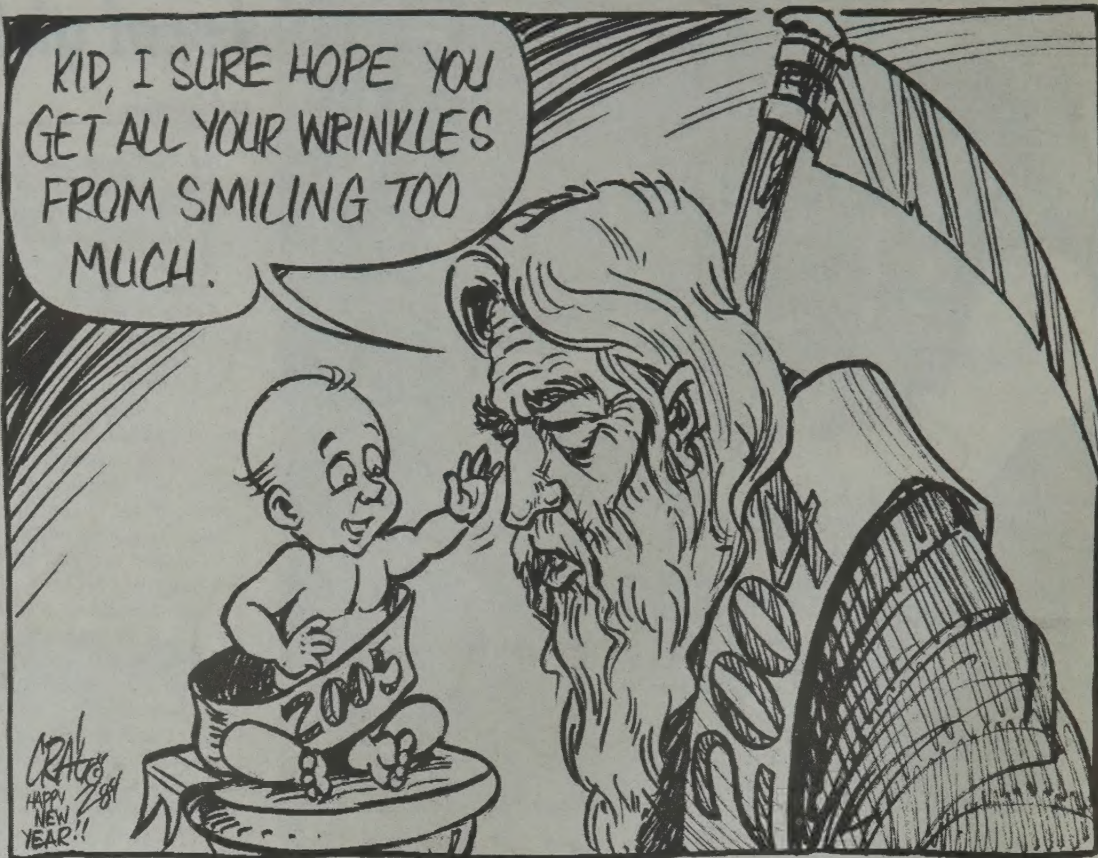
1994

Who needs Candy Cane Lane? Elk Point was bright and beautiful for Christmas, with Walter and Marie Lesyk placing first in the residential category. Town and County councils met for a friendly discussion of mutual concerns, and plans were afoot for a First Night Festival to wind up the International Year of the Family in grand style.

1991

Authentic antlers poked above Wayne and Brenda Mudryk's rooftop, a sure sign to lighting contest judges that there were reindeer up there somewhere. Doomsday predictions for Y2K were overridden by plans for another fun-filled First Night Festival.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.



GUEST COLUMN

Happy Scottish Hogmanay!

The Scots are known through the world for the way in which they celebrate the coming of a new year: Hogmanay, the ancient festival still going strong throughout Scotland.

There are several theories about the derivation of the word. The French, "Homme est n'e" or "Man is born," the Scandinavian word for the Yule feast was "Hoggo-not", or the Gaelic "oge maiden," "new morning." It is uncertain where it came from.

One local custom on the Isle of Lewis has boys forming into bands. The leader of each band wears a sheepskin, and one member of the band wears a sack. As the bands move from house to house, the woman of the family invites them into the house. The lads then walk clockwise fashion around the fire, or perhaps a chair if there is no fire, while those people in the home hit the sheepskin with sticks. Before going to the next house, the boys will be given bannocks that they carry in their sack.

Many folks fire guns or have a fireworks display at midnight. One of the most spectacular fire ceremonies takes place in Stone Haven, just south of Aberdeen on the northeast coast. Giant fireballs, weighing up to 20 pounds are lit and swung around on five-foot-long metal poles requiring 60 men to carry them as they march up and down the High Street. The origin of the pre-Christian custom is believed to be linked to the Winter Solstice of late December with the

fireballs signifying the power of the sun, to purify the world by consuming evil spirits.

Men setting out to "first foot" all those houses in which they know that they are welcome, follows this event. This tradition is called "first footing," that is, the "first foot" in the house after midnight. To ensure good luck for the house, the first foot should belong to a dark haired male (believed to be a throwback to the Viking days when blond strangers arriving on your doorstep meant trouble), and should bring coal (symbolically), whiskey, black bun and salt. In present day Scotland, shortbread and whiskey are most prevalent, or perhaps an oatcake.

There is one overlaying theme which prevails in the customs and traditions: the New Year must begin on a happy note, making a clean break from all that has been bad in the year just passing.

On New Year's Eve everyone links arms and sings the traditional New Year's song, "Auld Lang Syne", written by Robert Burns. I will only quote the chorus:

*"For auld lang syne, my dear,
For auld lang syne,
We'll tak' a cup of kindness yet
For auld lang syne."*

I happen to subscribe to "The Holly Leaf Chronicle of the Clan Irwin Association" and the above information comes from the Third Quarter 2004 magazine. I hope you found it as interesting as I did. Anyway, now you know where some of our New Year celebration ideas come from. Happy New Year, everyone, or should I say, Happy Scottish Hogmanay, everyone!



deanna
EASTHOPE
from the FCSS desk



ELK POINT REVIEW

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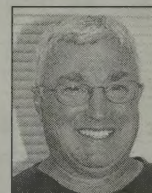
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Vicki Brooker
EDITOR



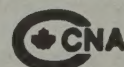
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Jack and Jill Playschool raffle winners

Christmas came a few days early for the winners of Jack and Jill Playschool's big raffle. From left to right are Dwayne Odgaard, manager of Elk Point Co-op, who assisted with the raffle prizes, Maureen Fedechko of Derwent, winner of the second prize home theatre system, Playschool parent representative Charlene Alaska, who made the presentations, and Kayla, Cindy and Zach Maynes of Dewberry, who accepted the first prize of a 19" television and Playstation on behalf of husband and father Al, whose name was on the lucky ticket. Third prize of \$100 worth of Co-op label groceries went to Isabel Myshaniuk of Elk Point. The Playschool appreciated the good support of their fundraiser from Elk Point and surrounding communities. Congratulations, everyone

No mileage increase for County council

By MICHELLE HULEY
Special to the Review

County staff and elected officials traveling on municipal business won't see their mileage rate increase to 41 cents per kilometre if the price of gasoline increases.

Council considered setting such a trigger rate, but decided the municipality is already close enough to the provincial average. The county's current rate is 40 cents per kilometre, one cent below the municipal average.

Transfer station leased

A newly built transfer station in the county is now officially leased to the Evergreen Regional Waste Management Commission.

Council approved the lease at the Mallaig landfill site after receiving a request from Evergreen.

Award nominees considered

Councillors will be considering if any residents in the county qualify for two provincial awards, the Ministers Seniors Service Awards and the new, one-time award, the Alberta Centennial Salute for Sport and Recreation.

Council has the opportunity to nominate a resident for each.

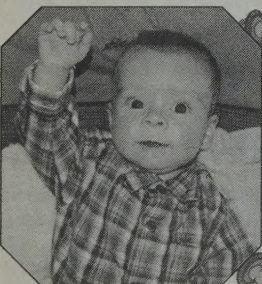
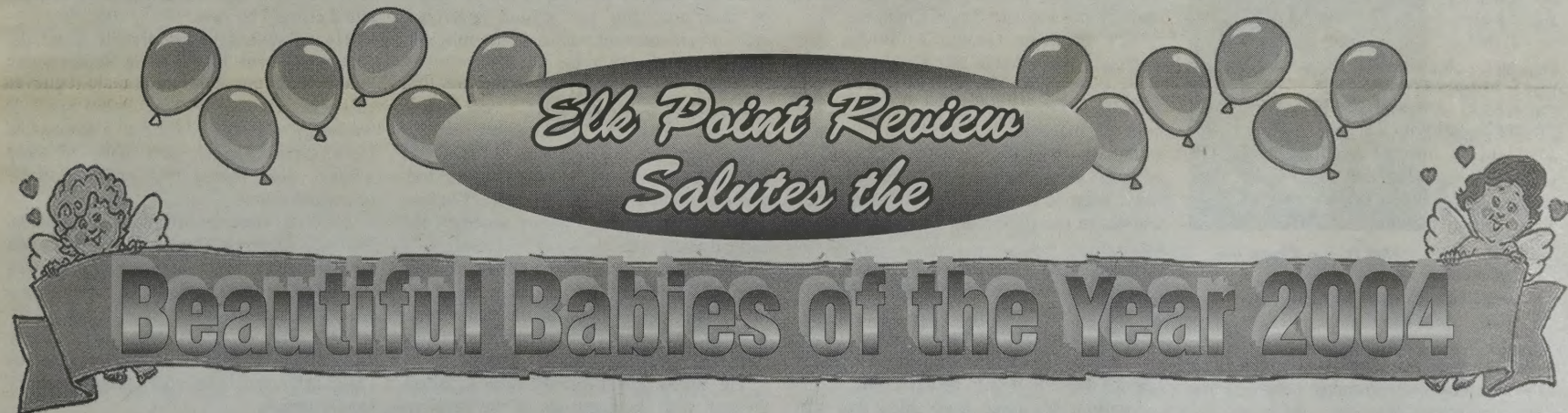
Trail official

Council heard the Iron Horse Trail is now officially part of the Trans Canada Trail. A Nov. 22 letter to the county informs of the acceptance of the Iron Horse's registration with the national trail network.

Grant denied

Council denied a request from a local youth for financial assistance with her participation in a youth ministry.

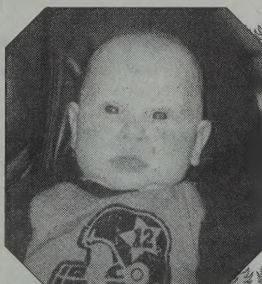
Randi Barker has been accepted to serve as a member of NET Ministries, a retreat ministry for Catholic youth.



Merrik Boyd Hillebrand

Date of Birth:
August 3, 2004
Weight: 7 lb. 6 oz.
Height: 22"

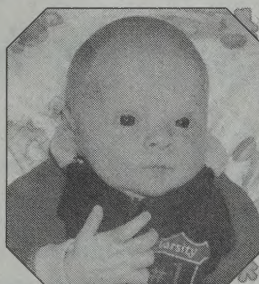
Son of David and Kendra Hillebrand



Teaghan James Jacobson

Date of Birth:
July 9, 2004
Weight: 5 lb. 8 oz.
Height: 19"

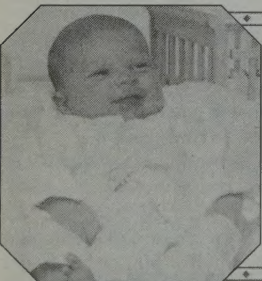
Son of Laci Jacobson



Spencer Owen McNamara

Date of Birth:
November 9, 2004
Weight: 6 lb. 12-1/2 oz.
Height: 19-1/2"

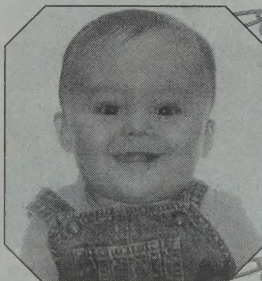
Son of Dave and Nina McNamara



Kendra Marie Porcina

Date of Birth:
September 21, 2004
Weight: 8 lb. 6-3/4 oz.
Height: 21"

Daughter of Curtis & Jaime Porcina



Levi Robert Quist

Date of Birth:
March 22, 2004
Weight: 5 lb. 1/2 oz.
Height: 17"

Son of Shane and Priscilla Quist



Cameron Andrew Roscoe

Date of Birth:
March 12, 2004
Weight: 7 lb. 12 oz.

Son of Darwin and Bonnie Roscoe



Brody James Babenek

Date of Birth:
February 2, 2004
Weight: 6 lb. 3 oz. Height: 20"

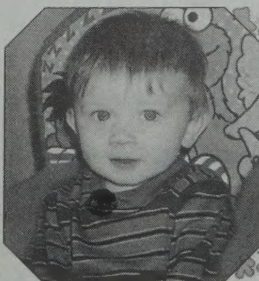
Son of James and Kylee Babenek



Jaden Gregory Douglas Van Maarion

Date of Birth:
August 31, 2004
Weight: 9 lb. 9-1/4 oz. Height: 22.5"

Son of Greg & Lisa Van Maarion



Colby Edward Vogel

Date of Birth:
December 29, 2003

Son of Ron and Sheri Vogel

Choirs combine in interfaith cantata



Singers from six local churches joined in the interfaith cantata at St. Michael's Roman Catholic church on December 19. At left, Ukrainian choirsters Mary Bezpalko, Virginia Smereka, Olga and Bill Seniuk and Kay Wozniak delight the audience with a traditional Ukrainian carol.

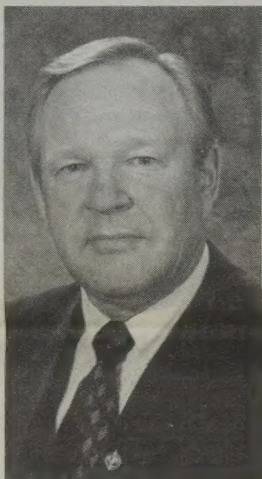
MP Dave Chatters looks back on busy year

By JAY GUTTERIDGE
Special to the Review

New party, new riding, new session of Parliament: 2004 brought a lot of changes for Westlock-St. Paul MP David Chatters.

"It's been a really busy year. The amalgamation of the two parties (Progressive Conservative and Canadian Alliance) and the election right on the heels of that," says Chatters. "The summer break was extended somewhat when (Prime Minister) Paul Martin was unable to govern when Parliament was supposed to resume."

Chatters won the seat in the new riding with overwhelming support, despite being a candidate unknown to many people in the



MP Dave Chatters

riding. He has served as the MP for Athabasca since 1993.

He notes one of his major accomplishments for 2004 was being elected chair of the House of Commons Standing Committee on Access to Information, Privacy and Ethics, which is an all-parties committee.

The federal government dealt with many important issues this year, with the ongoing Mad Cow disease crisis being of utmost importance to this riding.

"Certainly our party leader and critics made a number of trips to Washington and we're certainly pressing the government to move things forward," says Chatters.

U.S. President George W. Bush's first official visit to Canada didn't bring the news many were hoping for, he notes.

"George Bush's visit was a bit disappointing because we were hoping he'd announce a date when the border would be open (to all Canadian beef)," he says. "If we've learned anything from this crisis it's that we're too dependent on the U.S. market."

Chatters says he and the Conservative Party will be encouraging the government to aid producers looking to build packing plants to increase Canadian slaughter capacity. He also says that other foreign markets besides the U.S. should be explored.

Another big issue from 2004 that will

likely carry on into early 2005 is the debate about same-sex marriage. Same-sex marriages are now legal in eight provinces and territories, but a bill on the issue will likely come before Parliament early in the new year.

"I will support the (Conservative) amendments to the bill that will bring it in line with what I think are the views of most Canadians, and certainly most Albertans," says Chatters.

The proposed amendments would define marriage as a union between a man and a woman, while allowing for civil unions for same-sex couples with all of the privileges of marriage, but not called marriage. Another amendment would define religious rights more clearly in the Canadian Charter of Rights and Freedoms, says Chatters.

"If the amendments fail, I'll vote against (same-sex marriage)," he says.

Another big development in 2004 was the health accord reached between the federal government and the premiers. Chatters expresses skepticism about whether the Liberal Party will live up to its promises.

"We were critical of Paul Martin at the time (of the accord) because he took a position going in and then, at the last minute when he was about to fail, he completely caved in," says Chatters.

He notes the Liberals didn't follow through with the promises of the previous

health accord, and says he doubts they'll follow up with this one.

However, the contents of the agreement were positive, he says.

"Certainly I did support more money into health care, and I did support implementing means to measure the success of the health care system," says Chatters.

One of the big focuses of the Conservative Party as a whole in 2005 will be examining the scandals surrounding the current government, says Chatters.

"I think of great concern to me, and to most Canadians, is looking at the government and their repeated connections to organized crime," he says.

He referenced recent reports about the Citizenship and Immigration department's fast-tracking of work permits for foreign strippers, and how the department received warnings from Human Resources Development Canada that many of these women were forced into prostitution by organized crime.

He also referenced former Public Works Minister Alphonso Gagliano's alleged links to organized crime, and the criminal drug trafficking investigation involving top Liberal campaign aides.

"All of these things are a real concern, and one has to ask where the influence by organized crime ends, and where it begins," says Chatters.

Don't let spirits take the fizz out of holiday parties

For many individuals, alcoholic beverages and the holidays go hand in hand. From the start of the season in December through ringing in the New Year, spirits are often flowing at events you will attend and host. You tell yourself it's okay to indulge. After all, it is a time to let loose and be merry, right?

Though you may pride yourself on being a responsible person, when friends, festivities and drinks are abundant, it's easy to overindulge unknowingly or not recognize when others are getting into trouble.

Experts like those at the National Institute on Alcohol Abuse and Alcoholism agree that holiday gatherings should "make the holidays memorable — not ones that you can't remember." Therefore, follow these guidelines on responsible drinking, just in time for your festivities.

Before the event

Attendee:

* Arrange to attend the event in groups so each group can assign a designated driver.

* Even if there will be food at the event, try to have something in your stomach beforehand, even a light snack. This way, you're not pouring alcoholic beverages into an empty stomach, which can cause you to become intoxicated faster.

* Notify friends or family where you'll be. In case of an emergency, they can be contacted or you can contact them to pick you up at the party.

Host or Hostess:

* Plan to collect keys from those who've indulged too



Be responsible when serving or consuming drinks at holiday parties.

much.

* Inform guests of overnight accommodations such as your own guest room, and have the numbers of taxi services on hand if someone needs a ride.

* Set a drinking limit for yourself and consider not drinking at all so that you'll be able to responsibly monitor the party.

* Consider hiring a professional bartender who can control the flow of alcohol rather than have guests serve themselves.

During the event

Attendee:

* Pace your drinks. Remember that it takes roughly one hour for one drink to pass through the body. Don't binge drink or participate in drinking games.

* Remember that one can of beer, six ounces of wine and one ounce of hard liquor all contain the same amount of alcohol.

* Try not to mix the type of drinks you have. While this won't make you get drunk faster, it could make you very sick to your stomach.

* Carbonated alcoholic drinks will enter the bloodstream faster than non-carbonated drinks, so limit your use.

* Never mix alcohol with prescription or over-the-counter medications.

Host or Hostess:

* Monitor if anyone is overly intoxicated. Cut off alcohol to this individual and find a safe way for him or her to get home. If a person is being unruly or unreasonable, contact someone who can pick up the individual.

* Serve plenty of food during the event to ensure that guests are not drinking on empty stomachs.

* Have nonalcoholic beverages available for those who want to switch off or avoid alcoholic ones.

* Stop serving alcohol at least one hour before the end of the party.

* Remember that in some areas, the host of a party is legally responsible for intoxicated guests. Should one leave your party and get into an accident, you could be held liable in court.

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Sign bylaw tabled

By MICHELLE HULEY

Special to the Review

A bylaw to regulate signs in the County of St. Paul remains on the table after a Dec. 14 public hearing.

Council have first reading to the bylaw at its November meeting, but decided to wait until speaking with local resource companies prior to giving the legislation final passage.

"We have a problem in the county with people just erecting signs that weren't authorized by us," administrator Kim Heyman explained. "We weren't having any control and sometimes they were in contravention (of existing laws).

"We have some people who are just arbitrarily changing road signs."

Councillor Glen Ockerman, however, said he had some concerns over the bylaw, which could interfere with oil companies being able to control where they want traffic to go to minimize road damage.

"Perhaps we could look at it again in such a way that oil (companies) will be able to manage oilfield traffic," Heyman suggested. "It's in our favour most of the time."

"This came about because some ratepayers were putting up their own signs," superintendent of public works Leo Demossiac said. "We have to be fair to everybody The county still has priority. We're still the owner of all our roads."

Reeve Robert Bouchard suggested meeting with the oil companies to discuss the issue, but agreed with Demossiac. "I have trouble with two sets of rules."

"There's got to be some way to allow them to manage their oilfield traffic," Heyman said.

The bylaw will be brought back to council's February meeting.

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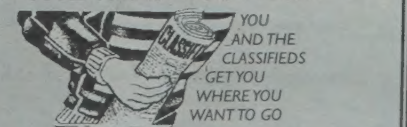
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Practice snow-shoveling safety

Snow day! Kids revel in a day of sleeping in, drinking hot cocoa, building snowmen and, of course, not going to school. But you can't seem to find the joy in a snow day because oftentimes you're the one stuck clearing a path through that winter wonderland.

Don't just grab that shovel and head out without preparation. Shoveling improperly can produce back strain, injury or a even heart attack. Follow these tips to help minimize the risk of injury.

* Warm up before you start shoveling. Walk around or march in place. Stretch your arms and legs.

Bend forward, backwards and to the side to loosen your back. Consider taking a warm shower to loosen your muscles.

* Use the right kind of shovel. A shovel should feel comfortable and lightweight, without being too heavy or too long.

* Shovel snow as soon as it falls. Freshly fallen, powdery snow is lighter than the kind that is wet and packed down.

* Push, don't lift, snow. To increase your leverage, keep the shovel close to your body and space your hands on the handle. If you do have to lift the snow, squat with your legs apart,

knees bent and back straight. Lift with your legs and don't bend at the waist.

* Fill your shovel no more than half full. Scoop small amounts of snow, and then walk to where you are dumping it or throw it forward. Never throw snow over your shoulder or to the side; the twisting motion will stress your back.

* Look at what you are shoveling. Face the snow. Don't let a hat or scarf block your vision. Otherwise, you won't see ice or uneven surfaces.

* Stay hydrated by drinking enough water before, during and after shoveling.

Avoid caffeine, nicotine or heavy meals before shoveling, all of which can put more stress on your heart.

* Dress with care. Wear layers that you can take off if you get warm. Protect

extremities with gloves, a hat, a scarf and waterproof boots.

* Pace yourself. Take frequent breaks, and don't try to shovel too much too quickly.

Pioneer Circle bingo

December 20, 2004

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